

Body matters : interventions and change techniques designed to improve body image

Citation for published version (APA):

Alleva, J. M. (2015). *Body matters : interventions and change techniques designed to improve body image*. [Doctoral Thesis, Maastricht University]. Datawyse / Universitaire Pers Maastricht. <https://doi.org/10.26481/dis.20151125ja>

Document status and date:

Published: 01/01/2015

DOI:

[10.26481/dis.20151125ja](https://doi.org/10.26481/dis.20151125ja)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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Propositions
accompanying the dissertation

BODY MATTERS

Interventions and Change Techniques
Designed to Improve Body Image

By Jessica M. Alleva

1. Body functionality is an essential yet under-researched aspect of body image that should be incorporated into future experiments and interventions.
2. Thinking about all of the things that your body *can do* is inherently conducive to positive thoughts and feelings toward the body.
3. Targeting cognitive biases, such as covariation bias, should form an essential part of future interventions for individuals with a negative body image.
4. Extant stand-alone body image interventions are not nearly effective enough at improving body image and related outcomes.
5. The field of body image (intervention) research is plagued by bias both within (e.g., selective reporting bias) and across (e.g., publication bias) studies.
6. The use of structured guidelines for conducting and reporting research (e.g., the PRISMA Statement) should be obligatory in order to publish in scientific journals.
7. Conducting a meta-analytic review is an excellent test of one's patience and sanity.
8. Body image researchers should be *scholar-activists*, using the knowledge gained in academia to advocate for body image-related issues in broader society.
9. "The experience of embodiment is central to the quality of human life." (Cash & Pruzinsky, 2002)

November 2015